































30 DAY NEW YEAR, NEW YOU CHALLENGE

DAY 1  Set goals you want to achieve	DAY 2  List what you're grateful for	DAY 3  Remove negativity in your life	DAY 4  Message someone special	DAY 5  Think about the positives
DAY 6  Make an effort to smile more	DAY 7  Cook a healthy meal today	DAY 8  Step out for a 15min walk	DAY 9  Clean & organize your home	DAY 10  Try something new
DAY 11  Pick up a new book to read	DAY 12  Meditate before bed	DAY 13  Cross stuff off your to do list	DAY 14  Get 7-8 hours of sleep	DAY 15  Enjoy the beauty around you
DAY 16  Disconnect & unplug for 30min	DAY 17  Offer help to friends & family	DAY 18  Spend time with the ones you love	DAY 19  Celebrate how far you've come	DAY 20  Drink at least 8 glasses of water
DAY 21  Say 3 nice things about yourself	DAY 22  Forgive someone	DAY 23  Don't make any excuses	DAY 24  Treat your body and relax	DAY 25  Laugh! Watch a funny movie
DAY 26  Stretch for 10min	DAY 27  Watch the sunrise	DAY 28  Don't eat past 8pm	DAY 29  Pack a healthy snack for lunch	DAY 30  Commit to being a better you

- ♦ How many times have you made a promise (or new year resolution) about the goals you want to achieve, but never end up making any a reality? Or start for a bit, but lose motivation to see your goals through?
- ♦ Try this 30-day challenge from the FABULOUS APP. Every day, you'll have a new and simple challenge to jump-start your motivation, and by the end of the challenge, you'll be ready to take on your own new year goals!
- ♦ If you're looking for a buddy to join the challenge with you, share the calendar with friends and family. It's always a great motivator to have a friend give you that extra push every day.